

IN PERSON AND ONLINE PARK AVENUE COUNCIL MEETING

Thursday May 23rd, 2024

7:00pm

In attendance:

Kevin Lillico
Shauna Wenzel

Robyn Pisano
Kris Maye

Michelle Puddy
Aaron Noordhuis

On-line attendance:

No sign-ins

Regrets

Katie Cook
Win Combaluzier
Alanna Oddleifson
Chris Weston
Jess Krystal
Meaghan Potts
Ashley Warner
Melissa Stratton
Don Stratton
Crystal Stewart
Natasha Arczewski
Ashley Watts
Jeremy Blakslee
Lauren Aleito

Teacher Representative

Jennifer Greenham
Melanie Abalos

Administration

Crystal Mott
Gillian Cousineau

ITEMS

Welcome

- Land Acknowledgement
- Norms
- Connection Activity

Mrs. Abalos Mental Health Presentation

- Anxiety; the What, the Why, and How
- Work based on Dr. Becky Kennedy
- The What;
 - o Uncertainty and underestimation of our ability to cope
 - o Teaching kids how their brains work in response to stimuli that can cause anxiety etc and their response
 - o Helps them develop interest in finding ways to cope
- The Why;
 - o Genetics
 - o Lifestyle

- Life experiences/trauma
- Fuel(ing) issues; support or lack of, diet, sleep, coping tools
- Important to find what tools work individually
- The How;
 - Where do you feel it in your body
 - Think about what you were doing or thinking right before (feeling anxious) – to identify a pattern or the What)
 - Eating healthy
 - Sleep
 - Less screen time
- The 'to dos'
 - Practice PMR (Progressive Muscle Relaxation)
 - Practice a fear thermometer
 - Practice realistic thinking
 - Practice calm breathing
 - Validate feelings always
 - Calm app
 - Mindset app
- Resources
 - Pediatrician first
 - Canadian Mental Health Association – Ontario
 - Anxiety Canada
 - Boomerang Health
 - Dr. Becky Kennedy
 - Fuel Your Soul Co.
 - Children's Healing Studio

Council Update

- Thank you; Alanna Oddleifson for the 'Coop's' restaurant night
- Special thank you to; Win Combaluzier, Meaghan Potts, Shauna Wenzel, and Katie Cook for their help with the Dance Night
- Fall Mums; cost is the same for next year
 - Voted yes to move forward with the order
 - Yes to a count of 100 mums
- Mabels Labels will continue (voted in)
- School Council Project
 - Purchased large speaker
 - Set of basketballs (1 per classroom)
 - 6 robots k8-robotics
 - Book still in printing
 - Cost \$1205.35 (under budget of \$1500.00)
- Pro-Grant- Technology and kids
 - Raising digital leaders
 - Budget; \$800.00

- If grant approved, will only cost council \$50.00 to move forward
- Considering the Canadian Tire Grant – Chair will be writing
 - Open between Jun 10th and July 12th
 - Would like to use the grant to fix up the soccer field
 - Suggestion; soccer lines to contain game during recess time
- Playground
 - The school board is currently revising their policies around school playgrounds
 - Need to have acquired 75% of the funds prior to applying to the board for approval

Treasurer's Report

- Dance night a huge success and under budget
- Current Balance \$22 064.01 (total for all accounts)
 - This includes; \$950.00 from the teachers classroom funds
 - \$617.03 for the senior dance prize
 - \$677.77 for Jennifer Casa (speaker)
- Upcoming expenses;
 - Open House night
 - Grade 8 Grad
- School Council General Account
 - Current balance of \$10 124.49
 - Expected Expenses; \$2 530.00
 - Remaining Funds; \$7 594.49

April Minutes - Approved

Teacher Update

- Lots of soccer happening
- Track and field 2 day event, went well
- Student initiated clubs;
 - Typing
 - Reading
 - Harry Potter
 - Math Study
- Youth S.P.A.C.E.
- EQAO grade 3s this week, grade 6s next week

Administration Report

- EQAO seems less stressful than anticipated
- 3rd year in a row with tech based testing, much smoother than expected
- 2 upcoming events occurring with Indigenous Partners
- June 5th evening event – story teller for local Metis and Indigenous students
- June 5th is also “Discover Kindergarten Night” for the new students attending Park in the fall
- 100 students will be heading to Area for Track and Field

- Soccer Tournament coming up
- Road Tennis is also started up
- Will be supplying a bin of balls for each class
- June 13th, Youth S.P.A.C.E. "This is Us" night
- There will be Art, Music, and Performances
- Sports Spectator Conduct; a Code of Conduct for students will be implemented next year
- Primary Play Day June 10th
- Yearbooks will be given out during last week of school
- Grade 8 Grad will be at Silver Lakes

Vote in \$25.00 Pizza Nova gift card for door prize (June 13th)

End at 8:30 pm

Next meeting (social); June 20th, 2024 7pm